

### Youth Activities 784-2747

Please call for date, time & cost

Arts & Crafts

Fit Factor

Torch Club: Ages 9-12

Keystone Club: Ages 13-18

4-H Clubs: Ages 9-18

Club Tech: Basic-Advanced  
computer training

Digital Arts: Music, Web, Photo  
and Design

Youth Employment Skills:

= (Scholarship Money)

#### Child Care Programs

#### Give Parents a Break

15 May 1100-1700

CDC

Full-Time and Hourly child care

Family Child Care 784-6560

Earn income and learn valuable business  
skills become a Family Child Care

Provider.

Call 784-6560

**Cannon CDC 784-2704**

**Chavez CDC 784-6259**

#### Airmen Center

Mon-Thurs 5 PM-9 PM, Fri 5-12 PM

Sat 12 AM-12 PM, Sun 12 PM- 8 PM

Computers and WIFI available

Video and Board Game Lounge

Theater Room and Snack Bar

#### Legal Office 784-2211

Power of Attorney & Notary Service

Monday-Friday 0800 - 1600

Walk-ins Mon & Thurs 1300-1430

Tuesday 0900-1030

Legal Assistance-Wills & Advice

Thurs 0900-1100

**Every 1st Thurs Walk-ins 1630-2200**

or call for an appointment.

### Equal Opportunity

Bldg 600, Suite 1029

(EO) 575-784-2471

Or 505-920-8519

\*We conduct Complaint/Incident  
Clarification on unlawful discrimination  
and sexual harassment based on five  
protected categories: \*Provide Human  
Relations Education

\*Provide informal assistance, referrals and  
briefings.

\*Conduct Unit Climate Assessments

#### Cannon Community Centers

575-784-6381

M-Th Noon-2100

Fri & Sat 1200- 0000

Sun 1200-2000

Balloon Store (balloons and gifts)

Recreational Activities

Congressional Awards Program

Concert/Comedy/Sporting

Event Trips

#### Cyber Cafe

(784-2326 or 6381)

Open M-Th 0800-2100

Fri 0800-0000

Sat 1200- 0000

Sun 1200-2000

Computers and WIFI available

TV's and Gaming Systems

#### Community Centers in Housing

Clovis 801 Housing (763-7464)

Open M-F 1300-2100

Portales 801 Housing (356-2684)

Open M-F 1700-2100

**By Reservation Wed & Th 0900-1100**

Reserve for Special Events

Instructional Classes available

TV and Gaming Systems

Recreational Table Sports

*Check out details on Year of the AF  
Family*

*activities at your base:*

*myairforcelife.com*

# **IDS**

**May  
2010**

**Integrated  
Delivery System**



*www.myairforcelife.com*



**Airman & Family Readiness Center**  
**784-4228**

**Mexican Cooking Class**  
5 May 1100-1200  
**Key Spouse Training**  
6 May 1700-2030  
**Military Spouse Appreciation Day**  
7 May  
**Hearts Apart Ice Cream Social**  
8 May 1400-1600  
**Four Seasons of Marriage**  
10 May 0900-1100  
**Photography-Perfect Snapshots**  
11 May 1000-1100  
**Home/Small Business Fair**  
14 May 1000-1300  
**Photography- Digital Single Lens Reflex**  
18 May 1800-1900  
**VA Benefits Seminar**  
**MEB 6&20 May 0800-0830**  
**SMR 6&20 May 0830-1100**  
**TAP Seminar**  
11/12/13 May 0800-1630  
**DTAP 13 May 0830-1200**  
**Pre-Separation Counseling**  
4/18/25 May for those separating  
5/19/26 May for those retiring  
Both workshops are 0900-1030  
**Pre Deployment Briefing**  
10&24 May 1500-1600  
**Follow Your Dreams Workshop**  
19 May 0900-1200  
**Bundles for Babies**  
20 May 0830-1100  
**Romantic Nights Cooking For Couples**  
20 May 1800-1930  
**Love & Respect Workshop**  
22 May 0830-1700  
**Right Start**  
26 May 0830-1100  
**Deals on Wheels**  
27 May 0900-1030

**Family Advocacy**  
**New Parent Support Program**  
Service to help expectant/new  
parents meet changing roles.

**Prevention and Education**  
Anger Management  
Communication

**Therapy Services for:**  
Communication / Marital Therapy  
Conflict Resolution/Problem Solving.  
All prevention services are confidential.  
Prevention services are not documented in your medical records.

**Playgroups**  
**Community Centers at**  
**801 Housing**  
Portales Every 2nd Tues  
4th Thurs 0900-1100

**Health & Wellness Center**  
**784-1004**

Tobacco Cessation Tuesday  
1000 & 1530  
ALA quit line 1-800-548-8252  
Between 0600-1800 M-F  
Pre-natal Fitness/Nutrition Clinic  
Fourth Thursday at 1400  
Come by the HAWC and get info on how  
to have a healthy heart! Assistance in accessing medical options, counseling and other services.  
Diabetes Ed Classes 3rd Monday @0900  
Jump Start 3rd Thursday @ 0900  
Heart Healthy Ed Class 2nd Monday @0900

**Women, Infants and Children**  
**(WIC) 784-2127**

**Chapel**  
**784-2507**  
**Catholic Mass**

Sunday Mass, 0930 & 1700 (Latin) Daily  
Mass Mon, Wed-Friday at 1205 Reconciliation  
Mon, Wednesday-Friday at 1115-1145  
Sundays at 0830-0900 & 1615-1645 Catholic RE: 1100-1200

**Protestant Services**  
Sunday Services Adult Sunday School  
0930-1030 /Contemporary Service 1100/  
Children's Church 1100 / Young Adult Bible  
Study 1800/ Wednesday Connection Meal  
1730 /AWANA 1800 / Young Adult Bible  
Study 1800  
After Hours Chapel 784-2253

**Sexual Assault Prevention**  
**And Response Office**  
Confidential reporting of sexual assault is  
available 24/7, call 784-7272(SARC ). A  
trained Victim Advocate can provide assistance in accessing medical options,  
counseling and other services.

**Want to know what's happening on and**  
**around base?**

**Click on [www.cannon.af.mil](http://www.cannon.af.mil)**  
"Supporting our Families" (SOF)  
button has newcomers' information, as  
well as links to others in the Cannon  
community. The "local notes" button  
links to general happenings on base.  
Call the Public Affairs Office at  
784-4131 for more info!

**Military Family Life Consultant**  
**NEED TO TALK ?**  
Contact your local MFLC to  
Schedule an appointment  
Consultation and trainings  
are free and confidential  
575-693-3140